

# Review of: "Exploring the Relationship Between Dietary Practices and Academic Performance of High School Students in Tamale Metropolis, Ghana"

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Potential competing interests: No potential competing interests to declare.

## REVIEW COMMENTS

**TITLE: EXPLORING THE RELATIONSHIP BETWEEN DIETARY PRACTICES AND ACADEMIC PERFORMANCE OF HIGH SCHOOL STUDENTS IN TAMALE METROPOLIS, GHANA**

### GENERAL COMMENT

The author aimed to explore the relationship between dietary practices and academic performance; the results display more of the number of meals being adhered to or being skipped. The author should consider reviewing the two and harmonising the title with the aim and findings.

### SPECIFIC COMMENTS

#### I. INTRODUCTION

1. Second paragraph, second line – A word nutrients, what is it supposed to be representing?
2. Fourth paragraph – the information in this paragraph (enough to eat) is not congruent with the knowledge gap being studied.
3. Fifth paragraph – “Consuming only what is available” - I do not see this as a behaviour,

#### I. MATERIALS AND METHODS

1. A map can be removed.
2. The calculated sample size required for the study was 375. The author increased the size to more than twice (for generalization purposes). I think this is overdone.
3. Instrumentation – the types commonly consumed (For universal understanding, it would have been plausible to group the food into three major groups; *Proteins, Carbohydrates, and Fats*, OR five major groups; *Proteins, Carbohydrates, Fats, Vegetables, and Fruits*, OR IF FOUND NECESSARY, into *Vegetables, Fruits, Grains, Protein Foods, Dairy, Oils & Solid Fats, Added Sugars, and Beverages*) rather than food names.
4. Ethical Clearance – was this granted? If yes, state and show evidence.

## I. RESULTS

1. Socio-demographics – The author may adopt the following writing style: majority were; females (%), their parents were self-employed (%), and their families fell under the larger household (%).
2. Table 2 – Do people fast at night!!
3. Table 3 is not clear. Moreover, it contains so little information that it does not qualify to be presented in a table.
4. To show (may be under methodology) how the following were calculated/obtained;
  - a. Food insecurity
  - b. Dietary diversity
5. Combine tables presenting similar information.

## I. DISCUSSION

1. The argument in paragraph one is confusing.
2. The last sentence about factors has introduced something not studied nor reported.

## I. CONCLUSION

This needs to be revisited.

## I. REFRERNECS

1. Fifty is too long a list
2. Select relevant and recent ones only.
3. I suggest to maintain 25.